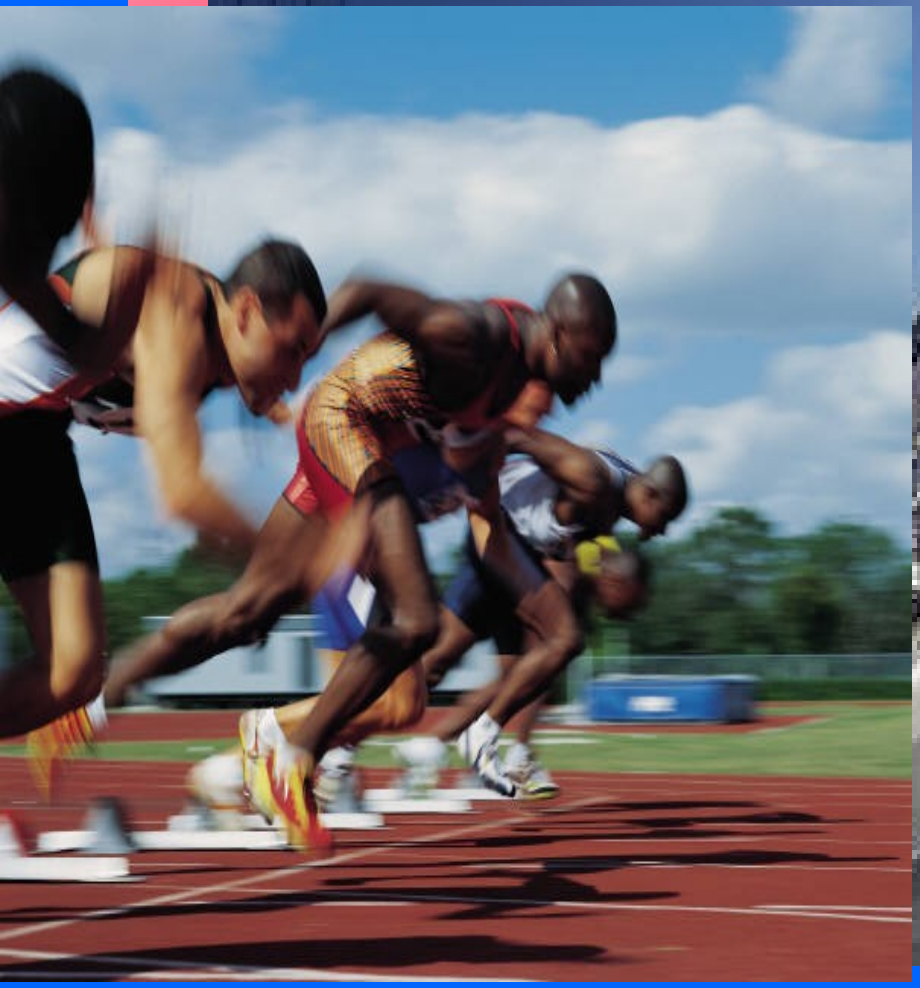
Fuel for Fitness



"The name of products contained in this briefing does not imply AF or

Premium Fuel for Top Performance

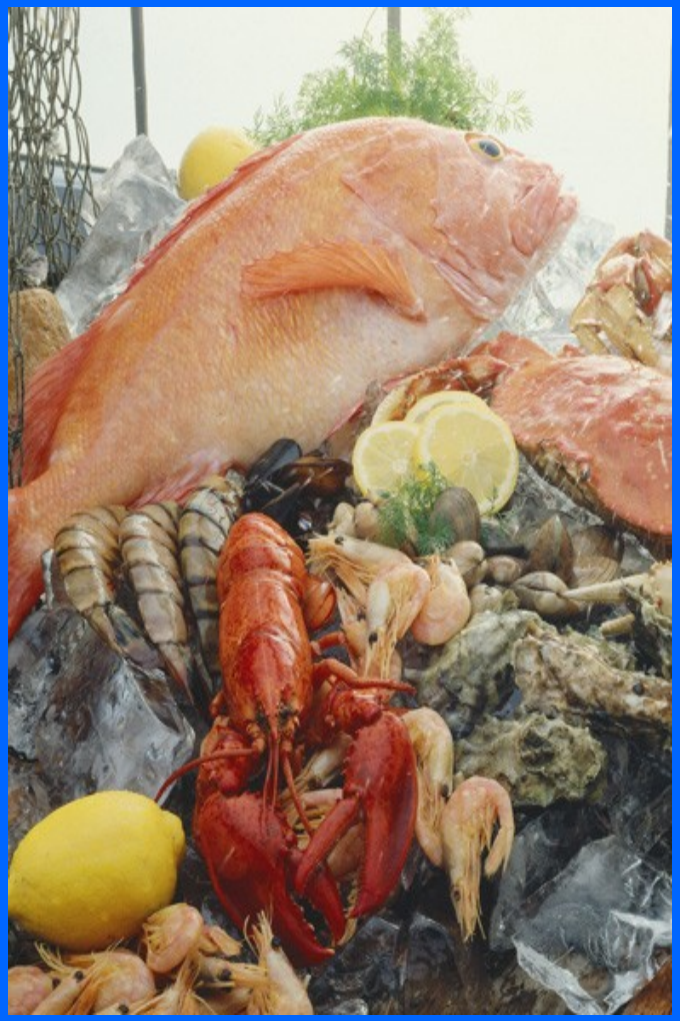
- Food = Fuel for your body
  - Carbohydrates: *Preferred fuel source by the brain and muscles*
  - Protein: *Necessary for rebuilding and repairing muscles*
  - Fat: *Necessary for the absorption of some vitamins*
  - Alcohol: *Not necessary for life*

Power-packed Foods

- *High in vitamins, minerals, protein;*

choose low-fat!

- Lean meats: tuna, chicken, turkey, shellfish
- Dairy: skim milk, yogurt, lowfat cheese



Power-packed Foods

- *High in vitamins, minerals, carbohydrate and fiber*
- Whole grain breads and cereals
- Fruits and vegetables: fresh, raw, frozen

What do I eat before I workout?

- High carbohydrate
- Small portions *(large meals may cause cramping or "side stitches")*
- Enough to satisfy hunger

- Avoid large, high-fat and high-protein meals 1-2 hours before exercising

After the workout…

Carbohydrate- to refill your glycogen (muscle fuel)

Protein- only a small amount is necessary

Example post-workout snacks:

- PBJ sandwich
- fruit and yogurt
- energy bar
- milk and 2 small cookies

Trying to lose weight? Instead of adding a snack, eat one of your regular meals after the workout!

Don't forget to check your fluids!

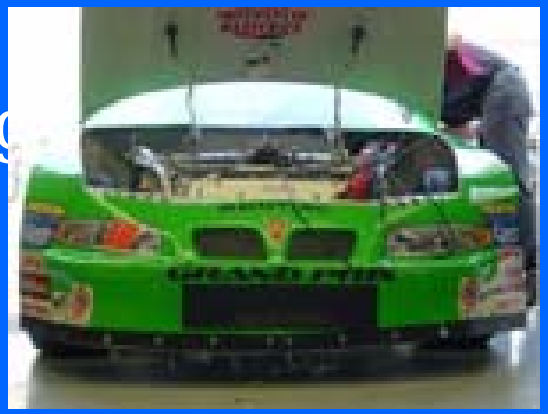
- **Dehydration ➡ decreased performance**

12-20 oz 2-3 hours before exercise

- 6-12 oz at 15-20 minute intervals during intense exercise
- After exercise replace 150% fluid lost

Q: Do you need a sports drink?

A: Only if you have been working for over an hour!



A word on fad diets and supplements…

- Check the source of information- is it reliable?
- Beware of the low-carb diet – you could deprive your muscles of the fuel they need!
- A balanced diet that includes nutrient-dense foods will supply all your body's nutrition needs

Summary

- Eat power-packed (nutrient-dense) foods for top performance
- Eating right before a workout gives the energy you need… eating right after helps recovery
- Stay hydrated!